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INTEREST:

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Travel Tips for Your Holiday Season

More and more people will be traveling in the next few weeks for holidays and family vacations.

If you're traveling by air this holiday season, the Transportation Security Administration (TSA) is the best place to go for accurate flying information. Before you leave the house, confirm the proper type of ID that will get you through security, your options if randomly selected for a pat down, and [any other travel questions you have](#).

TSA also provides options to speed up your travel time. [TSA PreCheck](#) is a new program used in some airports across the country to speed up your time through security

checkpoints. Through TSA PreCheck you don't have to remove your shoes or liquids, and children 12 or younger are automatically allowed



through with you. TSA also offer an app, [MyTSA](#), you can use to check real time operating statuses at U.S. airports.

If you'll be spending a lot of time on the roads this holiday season, the [National Highway Traffic Safety Administration](#) has lots of information on

proper child safety while driving, as well as specific information for holiday travel and driving safely during pre-holiday festivities.

Before hitting the road, you can also find out about [road closures and national traffic information](#) from the Department of Transportation.

If you plan to travel abroad, the State Department provides a free service for U.S. citizens: the [Smart Traveler Enrollment Program \(STEP\)](#). STEP lets you enter your trip information before you travel, so in case of an emergency abroad, the State Department will be able to assist you faster and more easily.

USA.gov

Eat Healthier During the Holidays

- If you have a big holiday party, eat breakfast and regular meals throughout the day. That way, you won't be starving when it's time to party.
- Eat lots of fruits, vegetables and high-fiber whole grains that will make you feel full, without the extra calories.
- Eat in moderation, both healthy foods and indulgent desserts.
- Use a smaller plate, and first fill up on vegetables before you try entrees or dessert.
- Eat your food slowly taking time to savor each bite. Take a pause before heading for seconds, to be sure you're actually hungry.
- Take a walk after dinner.



Don't skip any meals

By Diana Kohnle

Flu Season



Whether you are concerned about seasonal flu or H1N1, parents should take steps to help [avoid the flu](#) to keep their family from getting sick. In addition to getting a [flu vaccine](#), this can include frequent [hand washing](#), avoiding close contact with people who are sick with the flu, disinfecting contaminated surfaces, including toys and kitchen counter-tops.

Flu vaccine recommendations for the 2012-13 flu season didn't change much from last year. Experts still recommend the vaccination of all people who are at least six months old. Since "postvaccination antibody titer decline over the course of a year," everyone still needs to get a flu vaccine this year though. The availability of 135 million doses should make that easy too.

And children who are less than nine years of age, still need two doses of the flu vaccine if this will be the first time that they are getting vaccinated. Your kids might also need two doses if they are less than nine years of age and haven't had at least two doses of seasonal flu vaccine since July 1, 2010.

By [Vincent Iannelli, M.D](#)

Find out exactly how much using credit is going to cost you in the long run.

$$\text{Loan Amount} \times \text{APR} = \text{Annual Fee} \\ \$1,000 \times .07 = \$70$$

Credit Uses Your Future Income

Buying on credit gives you the use of goods and services before you have to pay for them. However, it is important to remember that credit is not free. Buying "on time" means paying charges and interest on your payments. These costs can add up quickly.

Comparing interest rates before you buy on credit can

result in big savings. A monthly payment at a higher interest rate may not seem much more than a monthly payment at a lower interest rate, but there can be a big difference in the total cost of the item.

It is wise to shop around for the best terms by comparing the annual percentage rates (APRs). You should find out

exactly how much using credit is going to cost and be sure that you understand the contract before signing it. A signed contract is a legal document.

This Holiday Season buy smart, and do not welcome the New Year 2013 with a huge debt.

Most credit cards have an APR of 28%.

Homemade Detergent

Laundry Detergent: Hypoallergenic

Dry Detergent - Hypoallergenic (like Dreft).

This can be used in HE washers

Ingredients:

- 1 bar of Ivory Soap (can also use Fels Naptha)
- 2 cups of Super Washing Soda
- 2 cups of Borax
- Oxyclean (optional)

1. You will need to grate the Ivory Soap. Use a cheese grater for this, OR, you can microwave it. Microwave for 60-90 seconds. It will expand and become dry and brittle. Then, grate it all up in a blender or food processor. Fels Naptha soap will soften, then you can cube it and put it in the blender.

2. Put 2 cups of Washing Soda in your blender/food processor and mix until blended well. Then add borax, mix until blended well. 3. Use: light load - 1 tablespoon. Heavy load - 2 tablespoons

(Cost per load = \$.03 - \$.06 vs Dreft at \$.30)



Inexpensive Homemade Gift Ideas

Title Coasters



curbly.com

Make a set of tile coasters using 4-inch ceramic tiles. Paint a simple design or decoupage napkins, paper or photos onto them. Glue felt on the back to protect surfaces from scratches. Then tie them with a holiday ribbon.

Crayons



Erinn Huffstetler

Have a bunch of crayon stubs that are too small for your kids to hold onto? Don't throw them out! Instead, recycle them into big, chunky [crayons](#) that are just the right size for little hands. Pair them with a coloring book, and you've got a complete

Fruity Button Napkins

Make a set of inexpensive cloth napkins into a special gift by adding a personal touch. Add a monogram to each one with cross-stitch, embroidery, needlepoint, or embellish with buttons,

appliques, or stencils. Include a set of handmade napkin rings.



marthastewart.com

**"It's the
thought that
counts"**

Oil Bottle



charliescraftroom.com

Paint an empty wine bottle with non-toxic paint and fill with olive oil. Top with an oil pour spout that can be found at a gourmet cooking shop.

Golf Ball Dog Craft



You can use small Styrofoam balls that are painted to resemble the balls from their favorite sport such as basketballs, baseballs, or soccer balls.

Idaho CareLine • IDHW 

2-1-1™

Get Connected. Get Answers.

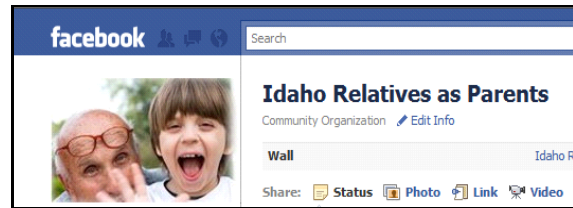
Dial 2-1-1 or 1-800-926-2588

2-1-1 Idaho CareLine is Idaho's only statewide, comprehensive community information and referral service. Dedicated to providing a comprehensive range of low cost or free health and human services to the people of Idaho. Dial 2-1-1 or

1-800-926-2588

www.211.idaho.gov.

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Visit the FACS library at
www.211.idaho.gov



It can be overwhelming to be the primary caretaker of children in today's world. When you feel as though you just can't do it anymore, it might help to remember this anonymous quote.

"You may not be able to change the entire world, but you can change the entire world of a child."

Support Group

Kinship Plus

Caldwell, ID

Linda Dripps: (208) 919-4731

Idaho KinCare Project

A KinCare provider is a grandparent or other family member raising a relative's child. This arrangement can be challenging from legal, financial, and emotional standpoints. If you are one of the 10,000 KinCare providers in Idaho, this newsletter is for you.

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